AQA

Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

GCSE
FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Tuesday 20 June 2023 Morning Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:
- a black pen
- a pencil.

Instructions
- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

Do not write outside the box

Section A consists of multiple choice questions.

Answer **all** questions in this section.

There are 20 marks available.

Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD ⬬ WRONG METHODS

If you want to change your answer you must cross out your original answer as shown.

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

For each question you should shade in **one** box.

An example is shown below.

Which food is high in protein?

A Cabbage ⬭

B Cheese ⬬

C Cucumber ⬭

D Oranges ⬭

0 1 . 1 Cooked meat should be prepared on a chopping board of which colour?

[1 mark]

A Brown ⬭

B Red ⬭

C White ⬭

D Yellow ⬭

Do not write outside the box

0 1 . 2 An example of a dry cooking method is

[1 mark]

A baking. ⬭

B braising. ⬭

C poaching. ⬭

D steaming. ⬭

0 1 . 3 Citrus fruits are a good source of

[1 mark]

A vitamin B12. ⬭

B vitamin C. ⬭

C vitamin D. ⬭

D vitamin E. ⬭

0 1 . 4 Fluoride is needed by the body to

[1 mark]

A help the nervous system. ⬭

B maintain the metabolic rate. ⬭

C make red blood cells. ⬭

D strengthen teeth and bones. ⬭

0 1 . 5 High blood pressure is linked to

[1 mark]

A cardiovascular disease. ⬭

B iron deficiency. ⬭

C skeletal disease. ⬭

D tooth decay. ⬭

Do not write outside the box

0 1 . 6 Chicken should be reheated to a **minimum** core temperature of

[1 mark]

A 58 °C. ⬭

B 63 °C. ⬭

C 75 °C. ⬭

D 80 °C. ⬭

0 1 . 7 Scrambled eggs will set when heated due to

[1 mark]

A coagulation. ⬭

B dextrinisation. ⬭

C gelatinisation. ⬭

D plasticity. ⬭

0 1 . 8 Which four conditions are needed for yeast fermentation?

[1 mark]

A Food, light, moisture and time ⬭

B Food, light, salt and time ⬭

C Food, moisture, time and warmth ⬭

D Food, salt, time and warmth ⬭

0 1 . 9 Which food can be affected by enzymic browning?

[1 mark]

A Bread ⬭

B Cheese ⬭

C Potato ⬭

D Tomato ⬭

Do not write outside the box

0 1 . 1 0 Which of the following foods is most likely to cause listeria?

[1 mark]

A Canned beans

B Dried pasta

C Soft cheese

D Tomato ketchup

0 1 . 1 1 Ambient storage is most suitable for

[1 mark]

A canned soup.

B chilled pizza.

C frozen peas.

D raw chicken.

0 1 . 1 2 The recommended **maximum** percentage of energy from fat per day is

[1 mark]

A 15%.

B 25%.

C 35%.

D 50%.

0 1 . 1 3 Basal metabolic rate (BMR) is

[1 mark]

A the amount of energy used for physical activity.

B the amount of energy food and drink contains.

C the amount of energy the body needs to stay alive.

D the amount of energy used compared to food eaten.

Do not write outside the box

0 1 . 1 4 Conduction is the transfer of heat through

[1 mark]

A a gas. ⬭

B a liquid. ⬭

C a solid. ⬭

D infra-red rays. ⬭

0 1 . 1 5 High risk foods are **defined** as ready-to-eat and usually

[1 mark]

A high in protein and low in moisture. ⬭

B high in protein and high in moisture. ⬭

C low in protein and high in moisture. ⬭

D low in protein and low in moisture. ⬭

0 1 . 1 6 Rough puff pastry is made using which mechanical raising agent?

[1 mark]

A Beating ⬭

B Creaming ⬭

C Folding ⬭

D Whisking ⬭

0 1 . 1 7 A diet lacking in dietary fibre can cause

[1 mark]

A constipation. ⬭

B osteomalacia. ⬭

C pellagra. ⬭

D rickets. ⬭

Do not write outside the box

0 1 . 1 8 The function of vitamin K in the body is to

[1 mark]

A help release energy. ⬭

B maintain nerve cells. ⬭

C make blood clot. ⬭

D prevent spina bifida. ⬭

0 1 . 1 9 Fairtrade is best described as

[1 mark]

A growing sufficient food to be eaten without waste. ⬭

B a foundation to support producers in developing countries. ⬭

C producing food whilst protecting the environment. ⬭

D providing sufficient nutritious and affordable food. ⬭

0 1 . 2 0 Which food is an example of a polysaccharide?

[1 mark]

A Bread ⬭

B Cheese ⬭

C Fish ⬭

D Sugar ⬭

20

Turn over for the next question

Do not write outside the box

There are no questions printed on this page

DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED

Do not write outside the box

Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2 . 1 Give **four** reasons why someone might follow a vegetarian or vegan diet.

[4 marks]

1 _____

_____

_____

2 _____

_____

_____

3 _____

_____

_____

4 _____

_____

_____

Question 2 continues on the next page

Do not write outside the box

0 2 . 2 The ingredient list below is for beef lasagne.

Ingredient List

For the meat sauce:
- 500 g beef mince
- 1 onion
- 400 g chopped tomatoes
- 1 beef stock cube
- 1 teaspoon mixed herbs

For the cheese sauce:
- 50 g butter
- 50 g plain flour
- 600 ml milk
- 150 g grated Cheddar cheese

- 8 lasagne sheets

Explain how the ingredients can be changed so that the lasagne is suitable for someone following a **vegan** diet.

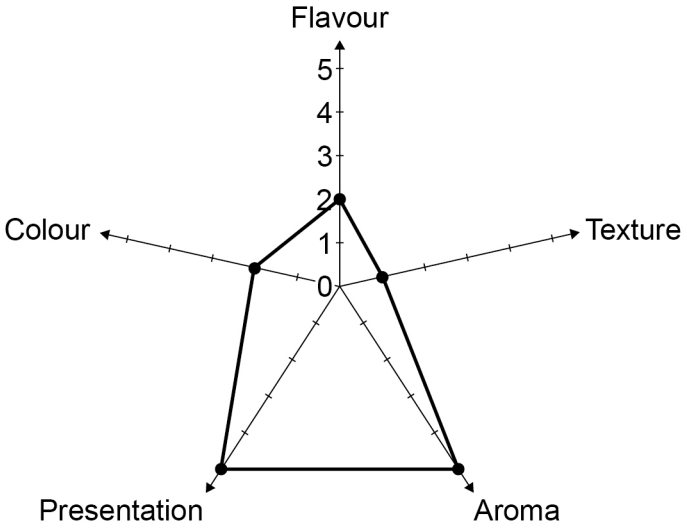
[6 marks]

Do not write outside the box

Question 2 continues on the next page

Do not write outside the box

0 2 . 3 The sensory profile below is for a vegetable stir fry.



Explain how to improve the **three** sensory qualities of the **vegetable stir fry**.

Do not repeat your answers.

[6 marks]

Colour _____

_____

_____

_____

_____

Flavour _____

_____

_____

_____

_____

Texture _____

_____

_____

_____

_____

Do not write outside the box

0 2 . 4 Give **four** controlled conditions for carrying out sensory testing.

An example has been done for you.

[4 marks]

Example Samples should be served on the same coloured plate.

1 _____

_____

_____

2 _____

_____

_____

3 _____

_____

_____

4 _____

_____

_____

20

Turn over for the next question

Do not write outside the box

0 3 . 1 Explain what happens at each stage of the cheesemaking process.

One stage has been completed.

[6 marks]

Stage	**Explain what happens**
Milk is pasteurised.	
Bacteria culture is added to the milk.	
An enzyme called rennet is added to the milk.	
Curds are cut up. The curd is dried and stacked.	
Curds are heated and cut into smaller pieces.	This helps form the final texture of the cheese.
Salt is added and curds are pressed into cheese moulds.	
The cheese is left in controlled conditions.	

Do not write outside the box

0 3 . 2 Microorganisms can be added to cheese, eg blue cheese.

Explain why moulds are used in cheese production.

[4 marks]

Question 3 continues on the next page

Do not write outside the box

0 3 . 3 The following food diary is a record of a day's food intake for an overweight adult.

Breakfast
- Sausage sandwich on white bread
- Cup of coffee with milk and two sugars

Snack
- Salt and vinegar crisps

Lunch
- Tuna and mayonnaise sandwich
- Bag of salted peanuts
- Chocolate brownie
- Can of fizzy drink

Evening meal
- Cheese and tomato pizza, served with chips
- Glass of orange juice

Use this information and your knowledge of healthy eating guidelines and nutrition to:

- analyse the suitability of this food diary for an overweight adult
- evaluate how the adult's diet could be improved to meet their nutritional needs.

[12 marks]

Do not write outside the box

22

Do not write outside the box

0 4 . 1 Explain the term seasonal foods.

You should support your answer with examples from different seasons.

[3 marks]

0 4 . 2 Identify **three** advantages of buying seasonal foods.

Do not repeat your answers.

[3 marks]

Advantage 1

Advantage 2

Advantage 3

Do not write outside the box

0 4 . 3 Consumers in the UK waste large amounts of food and food packaging every year.

- Analyse how consumers can reduce their food and packaging waste.
- Evaluate the impact of reducing food and packaging waste on the environment.

[8 marks]

14

Do not write outside the box

0 5 . 1 Explain the formation and function of gluten when making bread.

[4 marks]

Do not write outside the box

0 5 . 2 A bread recipe is being used to make dough balls.

A number of problems have occurred.

Complete the table to identify **two** reasons for each problem.

Do not repeat your answers.

[6 marks]

Problem	**Reasons for problem**
Dough balls are too sticky.	1 2
Dough balls have not risen.	1 2
Dough balls have a dense texture.	1 2

Question 5 continues on the next page

Do not write outside the box

0 5 . 3 Mayonnaise is an example of an emulsion.

A recipe for mayonnaise is shown below.

Ingredients
- 1 egg yolk
- 125 ml oil
- 1 teaspoon vinegar

Method
1. Whisk the egg yolk in a bowl.
2. Gradually add small drops of oil and whisk until combined.
3. Whisk in the vinegar.

Using the recipe, explain the process of emulsification when making mayonnaise.

Diagrams may be used in your answer.

[4 marks]

14

Do not write outside the box

Turn over for the next question

DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED

Do not write outside the box

0 6 The following ingredient list is for a chicken wrap.

- Cooked chicken
- Red pepper
- Onion
- Grated cheese
- Sour cream
- Chilli powder
- Tortilla wrap

0 6 . 1 Identify **two** ingredients that would display a use-by date.

[2 marks]

1 _____

_____

2 _____

_____

0 6 . 2 Give **four** personal hygiene rules that should be followed when preparing a chicken wrap.

[4 marks]

1 _____

_____

_____

2 _____

_____

_____

3 _____

_____

_____

4 _____

_____

_____

Do not write outside the box

0 6 . 3 The chicken wrap was left in a warm room for four hours.

Explain how this could lead to food poisoning.

[4 marks]

10

END OF QUESTIONS

Do not write outside the box

There are no questions printed on this page

DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED

Do not write outside the box

Question number	**Additional page, if required.** **Write the question numbers in the left-hand margin.**

Do not write outside the box

Question number	**Additional page, if required.** **Write the question numbers in the left-hand margin.**

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2023 AQA and its licensors. All rights reserved.